

3 Steps To Safety



Prevent

Wash your hands regularly and thoroughly

Respect social distancing

1



Notice

Be aware of COVID-19 symptoms

2



Act

Get tested ASAP if you have symptoms

Stay home if advised to self-isolate

3

your
East Riding...

Creating a **safe place** to **live, work, shop, learn, play, invest** and **visit**.



Request a test [nhs.uk/ask-for-a-coronavirus-test](https://www.nhs.uk/ask-for-a-coronavirus-test) or call **119**.



EAST RIDING
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